



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Kroschel, Ralf-Peter

Club: Erfurt

Number: 1289

Course: 10.00 km

Vintage VDB Lauf

Category:

Senioren M40 (40-49 Jahre)

Total time: 54:40

Speed: 10.98 km/h

Running performance: 5:28 min/km

Rank in course/Total: 404 (of 637)

Rank in course/Men: 356 (of 493)

Best time in course: 31:35

Rank in category: 96(of 135)

Best time in the category: 33:35

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking							
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	
Runde Langstrec	2.00	10:32	5:15	74	4:04	268	4:15	2.00	10:32	5:15	91	4:04	261	4:15	
Runde Langstrec	2.00	10:44	5:21	96	4:02	357	4:21	4.00	21:16	5:18	91	8:06	333	8:36	
Runde Langstrec	2.00	10:59	5:29	104	4:07	369	4:31	6.00	32:15	5:22	91	12:13	332	13:07	
Runde Langstrec	2.00	11:12	5:35	107	4:26	382	4:48	8.00	43:27	5:25	90	16:39	229	17:55	
Leichtathletikh	2.00	11:13	5:36	114	4:26	406	5:10	10.00	54:40	5:28	96	21:05	356	23:05	